

naaraayaNa upanishat

om saha naavavatu | saha nou bhunaktu | saha veeryam karavaavahai | tejasvinaa
vadheetamastu maa vidvishaavahai || om shaantih shaantih shaantihi ||

om atha purusho ha vai naaraayaNo~kaamayat prajaah srujeyeti | naaraayaNaat
praaNo jaayate | manah sarvendriyaNi cha | kham vaayur jyotir aapah pruthivee
vishvasya dhaariNee | naaraayaNaad-brahmaa jaayate | naaraayaNaad-rudro jaayate |
naaraayaNaad-indro jaayate | naaraayaNaat prajaapatayah prajaayante |
naaraayaNaad dvaadashaadityaa rudraa vasavah sarvaaNi cha Chandaagmsi |
naaraayaNaadeva samutpadyante | naaraayaNe pravartante | naaraayaNe praleeyante
||

om | atha nityo naaraayaNaha | brahmaa naaraayaNaha | shivashcha naaraayaNaha |
shakrashcha naaraayaNaha | dyaavaapruthivyou cha naaraayaNaha | kaalashcha
naaraayaNaha | dishashcha naaraayaNaha | oordhvashcha naaraayaNaha | adhashcha
naaraayaNaha | antarbahishcha naaraayaNaha | naaraayaNa evedagm sarvam |
yadbhootam yachcha bhavyam | nishkalo niranjano nirvikalpo niraakhyaath shuddho
deva eko naaraayaNaha | na dviteeyo~sti kashchit | ya evam veda | sa vishNureva
bhavati sa vishNureva bhavati ||

omityagre vyaharet | nama iti pashchaat | naaraayaNaaya ityuparishTaat | om
ityekaaksharam | nama iti dve akshare | naaraayaNaayeti panchaaksharaaNi | etadvai
naaraayaNasya ashTaaksharam padam | yo ha vai naaraayaNasya ashTaaksharam
padhamadhyeti | anapabruvah sarvam aayureti | vindate praajaapatyagm
raayasposham goupatyam | tato amrutatvam ashnute tato amrutatvam ashnuta iti | ya
evam veda ||

pratyagaanandam brahma purusham praNavasvaroopam | akaara ukaara makaara iti |
taanekadhaa samabharattadetadom iti | yamuktvaa muchyate yogee janma samsaara
bandhanaat | om namo naaraayaNeti mantra upaasakaha | vaikunTha bhuvana lokam
gamishyati | tat idam param punDareekam vigyaanaghanam | tasmaat tadidaavan
maatram | brahmaNyo devakeeputro brahmaNyo madhusoodanom | sarva
bhootastham ekam naaraayaNam | kaaraNa roopamakaara parabrahmom | etad
atharva shiroyo~dheete praataradheeyaano raatrikrutam paapam naashayati |
saayamadheeyaano divasakrutam paapam naashayati | maadhyandinam
aadityaabhimukho~dheeyaanaah panchapaata kopapaatakaat pramuchyate | sarva veda
paaraayaNa puNyam labhate | naaraayaNa saayujyam avaapnoti naaraayaNa
saayujyam avaapnoti | ya evam veda | ityupanishat || om shaantih shaantih shaantihi ||